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IN SEARCH OF THE NEXT GREAT RED SOX PITCHER

LEFTY PROSPECTS TREY BALL AND HENRY OWENS MAY SHINE SOON. PAGE 13

metro®

BOS

Tuesday, March 25, 2014 www.metro.us

Jane Green on the evolution of chick lit

PAGE 08

Afraid of flying? Get on the plane anyway

PAGE 10

Style that bump with maternity fashion

PAGE 11

Alive and kickin'

Boston-backed. More than $28 million has been given to Boston-area projects on the crowdfunding site Kickstarter. **Pay to play.** Contributors lined up to invest in projects like a 3-D printing pen, a new projector for an aging theater and a restaurant made with sustainable materials. PAGE 02

Ned Hinkle, creative director at the Brattle Theater in Cambridge, shows off the Solaria One Plus projector purchased with the help of a Kickstarter campaign. / NICOLAUS CZARNECKI, METRO

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1 NEWS

Today's tweet

"I already don't feel well, & now, there's a guy at DTXing crying hysterically about how he'll never see his #anime gf in person. #mbta #wtf"

@afakhreddine, on the emotional display she came across on the T.

Top 3

What's trending online at Metro.us

1 'VIDEO: Giraffe gives farewell kiss to dying zookeeper'

2 'Iowa State coach Fred Hoiberg dances poorly, embarrasses daughter'

3 'VIDEO: Dogs are adorably confused by magic trick'

Boston area projects rake in $28M on Kickstarter

See more at www.metro.us

Above, Margaret Li, co-founder of Mei Mei, stands in the restaurant that recently received sustainability certification with money raised on Kickstarter. The 3Doodler pen, below, was also backed by crowdfunding. / NICOLAUS CZARNECKI, METRO

Crowdfunding. Projects for Mei Mei restaurant and a 3-D printing pen are among some of the success stories.

Maxwell Bogue was prepared for the best, but also for the worst: that his project, the development of a 3-D printing pen, wouldn't get enough support to get it off the ground.

But within two days of posting the project on the crowdfunding website Kickstarter, Bogue's 3Doodler pen received $1 million in pledges. Eventually, 26,000 people pledged more than $2.3 million in 34 days.

"We were jumping up and down and at same time we have to make all of these units. Before the Kickstarter had finished, we had already called the factory to tell them the order had to be significantly larger than we had negotiated," said Bogue whose company WobbleWorks is based in Boston.

Bogue's project is one of thousands of Boston-area efforts that has raised millions through Kickstarter. Kickstarter announced earlier this month that more than $1 billion was pledged to various projects through its website, which launched in April 2009. Of that total, nearly $28 million was pledged by people to fund projects in the Boston area.

The Brattle Theatre in Cambridge launched an effort last year to fund the nonprofit's acquisition of a digital projector as well as a new heating and cooling system as its current one was about to fail. It wrote on its Kickstarter page that it was "depending on the kindness of strangers (and loved ones)."

"If we had no AC in the summer and no heat in the winter it would have been the end. It would have been really damaging," said Ned Hinkle, the theatre's creative director. The $140,000 goal was surpassed.

When popular food truck Mei Mei Street Kitchen wanted to open a restaurant the founders turned to Kickstarter to help fund their quest to receive sustainable certification. The restaurant's 24-day drive last June netted $36,000, about $8,000 above their goal.

Margaret Li, a Mei Mei co-founder, said the owners turned to Kickstarter because "opening a restaurant is shockingly expensive." They used the funds to buy things like low-flow toilets, start a composting program and purchase materials to repurpose in their restaurant like joists from an old paper mill that now serve as countertops.

"What Kickstarter is really wonderful for is creating a sense of community and allowing people to buy in and feel a part of the item or business that's being developed," Li said.

MICHAEL NAUGHTON
@MetroBosMike
michael.naughton@metro.us

In progress

While many Boston-area Kickstarter projects have wrapped up their fundraising efforts, there are others that are still active.

- ScratchJr is an educational software that helps young children learn to program their own interactive stories and games. It's being developed by professors at MIT and Tufts University, as well as the Playful Invention Company.
- While the project has reached its $25,000 goal, it has 36 days left in its online campaign and will use additional funds to develop a mobile version and create more resources for parents and teachers.

Quoted

"It's an amazing way of being a part of something that's never existed before."

Margaret Li
Co-founder of Mei Mei Street Kitchen

Health care. Hospital exec argues against bill

A voter referendum to require nurse staffing ratios of no more than four patients per nurse would cause overstaffing and deplete resources from other areas, such as pharmacy, home visits and physicians, hospital executives and nurses leaders testified at a hearing on the proposal Monday.

"Our hospitals are different and so are the communities we serve," said BayState Health CEO Mark Tolosky.

"All these differences cannot be accommodated in a rigid formula model," Tolosky added. **SHNS**

Public transit

Firm wants another shot at Commuter Rail

The South Korean firm criticized for its delay in delivering new Commuter Rail cars to Massachusetts plan to bid on what is likely to be a $1 billion contract to build new Red and Orange line train cars. **GLOBE**

Drug case

Cocaine found under car seat

Two out of state men were arrested over the weekend after police allegedly found two kilograms of cocaine at the bottom of a child's car seat.

State police said a trooper pulled over a car for motor vehicle violations in Everett just before 6 p.m. Saturday. An investigation and search of the car led to the discovery of the drugs. There was no child in the car. **METRO**

The seized cocaine / STATE POLICE

Walsh formally announced the "Your Piece for Peace" gun buyback program on Monday. / NICOLAUS CZARNECKI, METRO

Walsh: Gun buyback a 'first step'

Anti-violence. By the time officials formally announced the new program, five guns had been turned over.

Even before Mayor Marty Walsh officially announced Boston's first gun buyback program in years, five guns had already been turned over to authorities.

The city's gun buyback program launched on Monday at noon. About an hour later Walsh was joined by Boston police and religious leaders at a Dorchester park to announce the program as a "first step" in youth violence prevention efforts.

"Removing guns from neighborhoods is at the heart of violence prevention," Walsh said. "Every gun turned in is a potential saved life."

During the announcement, police Commissioner William Evans said that five guns, including three handguns, had already been turned over to police as part of the program. So far this year, police have recovered 136 guns, including 119 handguns and 11 shotguns, said Evans. Last year, more than 600 guns were seized.

Besides the gun buyback, which will exchange active handguns for $200 Visa gift cards without questions asked, Walsh announced plans for an upcoming regional summit on gun trafficking and an increased focus on funding for summer jobs to provide an opportunity for teens.

Walsh said the funding for the program will come from private sources and that more than $100,000 has been raised so far.

For more information, including exchange locations, visit www.bpdnews.com/bgb.

MICHAEL NAUGHTON
@MetroBosMike
michael.naughton@metro.us

Call to action

Religious and community leaders expressed support for the gun buyback program, but urged those in the community to help make it successful.

- "We, as mothers, as fathers, as grandmothers, as aunts, as uncles, as cousins, as friends, we do have the power to turn those guns in. And it is going to take courage ... and we cannot be afraid of our children," said Tina Chery, founder of the Louis D. Brown Peace Institute, named for her son who was fatally shot in 1993.

Manhunt

FBI: 'No choice' but to release alleged bombers' photos

An FBI official said authorities had "no choice" but to release the surveillance photos of the Marathon bombing suspects, which eventually led to them fleeing and a gun battle.

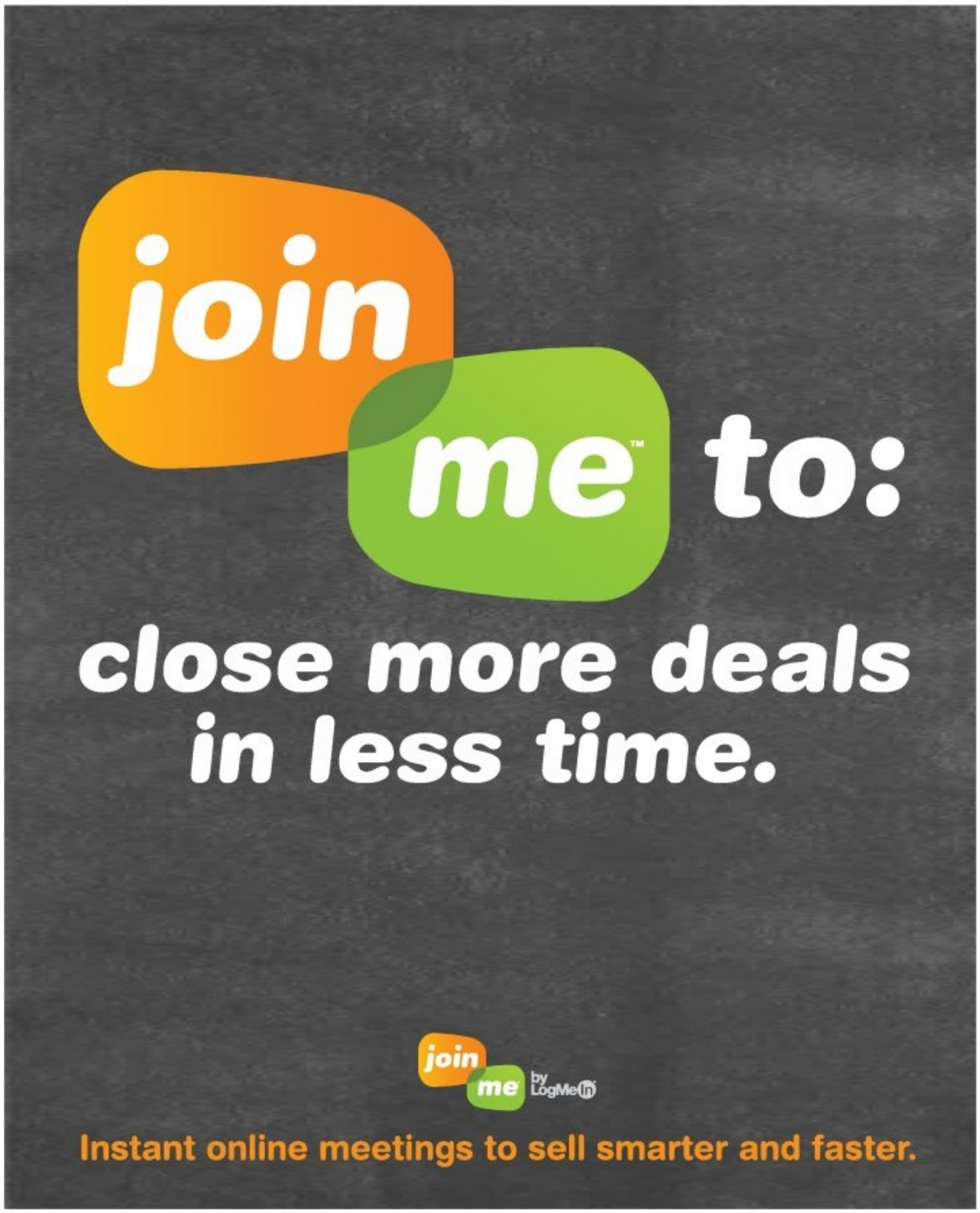
Stephanie Douglas, the executive assistant director with the FBI, made the comments during an interview with "60 Minutes" that aired Sunday night. The report focused on the manhunt for alleged bombers Tamerlan and Dzhokhar Tsarnaev.

Dzhokhar Tsarnaev
METRO FILE PHOTO

Douglas said some feared the release would make the brothers try to flee.

Citing the murder of MIT police officer Sean Collier and the ensuing gun battle and manhunt, Douglas was asked whether releasing the photos was the right call.

"Yes, I think at the end of the day, we really had no choice," Douglas said. "Believe me, the death of Sean Collier is not lost on the FBI. We consider it an incredibly tragic event. But I think ... given the facts as we knew them at the time, we made the best decision." **MICHAEL NAUGHTON**



Patrick: Marathon response is a world model

Lessons. The governor and Tom Menino spoke Monday about leading cities through crisis.

Boston's handling of Marathon bombings has become a model for the world on how to respond to tragedy, Gov. Deval Patrick said on Monday at a Boston University summit about lessons from the bombing.

"The chaos of those moments is hard to describe," Patrick said of the minutes after two bombs exploded at the finish line, killing three people and injuring more than 260.

Public officials, law enforcement agencies and medical workers reacted seamlessly to the attack, securing the scene and helping victims, while city residents supported each other in the aftermath, Patrick said.

"That example of grace had an awful lot to do with why the world looks to Boston and the Commonwealth as an example of how to come back from a terrible tragedy like this," he said.

Former mayor Thomas Menino said this year's marathon will be an opportunity to showcase Boston's progress.

"This year, the eyes of the world will be upon us because of the anniversary," Menino said. "Every foot that hits the finish line, every friend who hugs a runner finishing the race, every reunion between survivors and first responders — those moments will show our resilience." REUTERS

Emergency personnel rush bombing victims away from the site. / GETTY IMAGES

Movie-making

'SNL' star filming in central Mass.

A new film starring "Saturday Night Live"'s Jason Sudeikis has begun shooting in Massachusetts using settings in the north-central region of the state to substitute for a small town in rural Maine, according to the Massachusetts Film Office. "Tumbledown" stars Sudeikis, Rebecca Hall, Joe Manganiello, Griffin Dunne and Blythe Danner. The film is the story of a young widow, played by Hall, whose life is changed when a writer from New York, played by Sudeikis, shows up in town researching the life of her deceased husband, an acclaimed folk singer. SHNS

Historic loss

Fire destroys historic Oxford home

An Oxford home built in 1756 was destroyed on Monday by an early morning fire that ripped through the building.

The fire appears to be accidental and to have started in the basement laundry room, state fire officials said. While the building was assessed at $290,000, the loss of the centuries-old home is incalculable, the state fire marshal's office said.

Seven people from four apartments were displaced. One resident was woken up by smoke alarms and alerted the other tenants, who all managed to get out safely. METRO

ADMINISTRATIVE ASSISTANT

Executive Office

Provide administrative assistance to the Executive team. Handle administrative matters relating to the Board Chair and Board meetings. Send and receive information between the Executive Office and the Board of Directors, and draft correspondence to the Board members. Maintain up-to-date Board membership, meeting attendance, and records of committee meetings and reports. Attend Board meetings and assist with the development and distribution of minute meetings. Perform other related duties as required.

Minimum of a Bachelor's degree in Social Sciences or related field, with one to three years of solid administrative/project management experience required. Excellent verbal and written communication skills required. Must be able to work flexible hours. Must be able to work sensitively and effectively with individuals of diverse educational, socio-economic and cultural backgrounds.

PROGRAMMER / DBA

Information Technology Services

Responsible for the maintenance and administration of agency client tracking systems. Understand the data collection and reporting requirements of individual community action programs and community action agencies in general. Evaluate data collection systems for efficiency and effectiveness. Monitor and evaluate data backup procedure and recovery plans. Identify system deficiencies and recommend and implement solutions. Understand the necessity of and contribute to data collection standards. Monitor data collection systems for data quality. Develop best practices and documentation, and train staff. Assist in the enforcement of development deadlines and schedules. Serve as a technical resource for staff. Perform other related duties as required.

Minimum of a high school diploma/GED with additional certification required. Must have three to five years of experience working as a relational database programmer/administrator. Strong familiarity with data security laws required. Must understand relational database concepts and demonstrate proficiency with physical and logical database design. Ability to write effective queries required. Demonstrated experience developing reports using industry-standard tools such as Microsoft SQL Server Reporting Services, Crystal, etc. Must possess demonstrated work experience with at least one relational database management system. Experience administering or developing a data system in a non-profit, government, or corporate environment required. Proficiency in at least one programming language (Java, C/C++, ASP.NET (C#), PHP, or Python) preferred. Must be a skilled generalist and have a high comfort level with a wide array of computing tools and practices. Must be able to work sensitively and effectively with individuals of diverse educational, socio-economic and cultural backgrounds.

NETWORK ADMINISTRATOR I

Information Technology Services

Responsible for the maintenance, security and support of all workstations and some servers, firewalls, and switches. Assist in meeting project deadlines and schedules. Understand the necessity of data security standards. Determine and assess the needs for current and future equipment upgrades and replacements, specific to users, sites and system requirements. Research, create and assess software, operating system features and addition products to assist in network, user and software management. Create and maintain detailed documentation, diagrams, and procedures required to support the network infrastructure. Verify daily backups with a scheduled rotation of tapes both on and off-site. Provide technical training to all users. Monitor and maintain security and application patching. Perform other related duties as required.

Minimum of a high school diploma/GED with additional certification required. Must have one to three years of experience as a Support Technician. Comptia A+ certification required. Microsoft, Cisco, and additional Comptia certification a plus. Must have experience supporting Windows 2000, XP, and 7 client environments, and troubleshooting and administering Active Directory. VMWare infrastructure a plus. Exposure to enterprise-level backup technologies and strategies, (with a specific expertise in Backup Exec) ideal. Must have experience supporting Symantec Antivirus Products and knowledge of DNS, DHCP, WINS, TCP/IP, LDAP, and SNMP basics. Excellent communication skills and strong knowledge of Business Applications (i.e. Microsoft Word, Excel, Project, Visio etc.) required. Must have a fundamental understanding of TCP/IP networking and a familiarization with Massachusetts Data Security laws. Must be able to prioritize multiple tasks effectively. Ability to travel to multiple neighborhood sites within Boston required. Must be able to work sensitively and effectively with individuals of diverse educational, socio-economic and cultural backgrounds.

HELP DESK SUPPORT SPECIALIST

Information Technology Services

Provide first level technical software and hardware support to all the agency's networked users. Respond to requests for technical assistance via phone, electronically and on site. Diagnose and resolve technical hardware and software issues. Research questions using available information resources. Follow standard help desk procedures and log all help desk interactions. Redirect problems to appropriate resources. Identify and escalate situations requiring urgent attention. Track and route problems and requests. Document resolutions. Stay current with system information, changes and updates. Identify system deficiencies and recommend solutions. Perform other related duties as required.

Minimum of an Associate's degree in Computer Science or related field, or equivalent experience required. Must have up to twelve months of related experience. Microsoft, Cisco, and additional Comptia certification a plus. Must have experience with Windows 2000, XP, and 7 operating systems. Experience resolving operating system and software issues required. Exposure to Active Directory, remote desktop technologies, and the fundamentals of TCP/IP networking ideal. Knowledge of email software, browsing the Internet and common applications such as Microsoft Office required. Must have excellent verbal and written communication skills. Strong customer service skills required. Must be able to work sensitively and effectively with individuals of diverse educational, socio-economic and cultural backgrounds.

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ROOF DIAGNOSTICS SOLAR

Malaysia: Jet crashed in sea; China wants proof

No survivors. All people aboard Flight MH370 are presumed dead, airline officials announced.

Malaysia said on Monday that a missing jetliner had crashed into the Indian Ocean, an announcement that was greeted with hysteria by Chinese relatives of those on board and a demand by China that Kuala Lumpur share all the evidence it had on the incident.

Citing groundbreaking satellite-data analysis by the British company Inmarsat, Malaysian Prime Minister Najib Razak said that Flight MH370 crashed thousands of miles away in the southern Indian Ocean.

A family member of a passenger reacts to news. / GETTY IMAGES

His statement may go some way toward tamping down some of the more fevered speculation about the plane's fate, including one theory some grief-stricken relatives had seized on: that the plane had been hijacked and forced to land somewhere.

Najib's announcement opens the way for what could be one of the most costly and challenging air crash investigations in history. REUTERS

Chinese citizens

150

China had more than 150 citizens on board the missing plane and has criticized Malaysia over the progress of the search.

Bridge scandal

Internal review clears New Jersey Gov. Chris Christie

A review commissioned by New Jersey Gov. Chris Christie into a traffic scandal apparently orchestrated by top staffers in his administration has found the possible Republican presidential contender had nothing to do with the scheme, the New York Times reported Monday.

After two months, 70 interviews and more than $1 million in legal fees paid by New Jersey taxpayers, the review is complete and has found no evidence Christie was involved with planning or directing the lane closures. REUTERS

Washington

Hundreds still missing after deadly mudslide

As many as 108 people were listed as missing two days after a mudslide hit dozens of homes and killed at least eight people in Washington state, but many individuals still unaccounted for are ultimately expected to turn up safe, authorities said on Monday.

Still, emergency management officials expressed doubt that anyone else would be plucked alive from the muck and debris, and concern lingered about flooding from water backing up behind a crude dam of mud and rubble dumped into a river by the slide. REUTERS

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2 CULTURE

THE WORD

Dorothy Robinson takes on the world of gossip.

DOROTHY ROBINSON
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ALL PHOTOS GETTY IMAGES

RIP: Oderus Urungus

The satirical extraterrestrial band world lost one of its key members on Sunday when David Brockie (stage name Oderus Urungus), frontman for Gwar, was found dead in his Richmond home. Brockie co-founded Gwar — aka: "Earth's only openly extraterrestrial rock band" — in the 1980s with fellow art students at Virginia Commonwealth University. They were nominated for a Grammy in 1993 and 1995.

1 Kunis and Kutcher expecting a baby

Mila Kunis has a heck of an engagement present for her new fiance, Ashton Kutcher: She's pregnant. A source confirmed to E! Online that Kunis and Kutcher are expecting a baby.

"This is something they both wanted," an insider told Us Weekly. "They are both so happy."

In case you were worried that the child might be born to an inflexible mother, worry no more — Kunis has recently been spotted attending prenatal yoga classes.

This has been a big year so far for the former sitcom co-stars. News of their engagement broke in February, when Kunis was spotted shopping sporting a large diamond ring on the big deal finger. Though they've known each other since 1998, when both were cast on "That '70s Show," Kunis and Kutcher only began dating in 2012. MELINDA TAUB

Ashton Kutcher and Mila Kunis were caught on the "Kiss Cam" at the Los Angeles Clippers basketball game on Saturday night.

2 Is Cyrus depressed?

Sure, she frolics with little people, dances around with a pot leaf on her crotch, and has Billy Ray Cyrus as a father, but deep down, could it be that the infamous tweak monster Miley Cyrus is a little bit lonely?

"She's living alone in this big empty house, no boyfriend to speak of, and when it comes to friends she doesn't have any real, meaningful connections. She's surrounded by party people or friends of convenience," a source tells Radar Online. "Being alone has always been a fear of Miley's, and she tried to pretend after the split with Liam [Hemsworth] that she enjoyed her newfound freedom, but the fact of the matter is that she's painfully lonely. Being on tour helps a bit right now. ... But the tour ends in June. Then what?"

Oh, I don't know. She'll go on being super famous, hot, young and rich? That should help — right?

Wait. Maybe money, pot and twerking with little people can't buy you happiness?

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Costa 7-Day Europe sailing round-trip Savona, Italy $499* Ocean View $689* Balcony $789*
Royal Caribbean 5-Day Bermuda sailing round-trip Bayonne $449* Ocean View $624* Balcony $624*
NORWEGIAN 7-Day U.S./Canada sailing round-trip New York $499* Ocean View $599* Balcony $1099*
Holland America Line 7-Day Europe sailing round-trip Rome $549* Ocean View $599* Balcony $689*
Royal Caribbean 7-Day Europe sailing round-trip Barcelona $649* Ocean View $1499* Balcony $1499*
Celebrity Cruises 12-Day Europe sailing round-trip Helsinki $1099* Ocean View $1519* Balcony $2009*
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TV Watch list

It's time for Jess and Nick to face some truths about their relationship. / RAY MICKSHAW, FOX

COMEDY

'New Girl'

Is there trouble in paradise? Jess and Nick take a look at their relationship in this episode, while some hot new neighbors catch the eyes of Schmidt, Coach and Winston. Meanwhile, Cece does the unthinkable: the dreaded drunk text. **9 P.M., FOX**

HISTORY

'The Story of the Jews with Simon Schama'

Historian Simon Schama explores the origins and history of the Jewish people in this new five-part series, starting with the appearance of a tribal group 3,000 years ago in a disputed land. **8 P.M., PBS**

LATE NIGHT

'Late Show with David Letterman'

Hermione Granger and Ron Swanson finally meet — or at least the actors who play them — on Letterman Tuesday night, along with a musical tribute to the late "Man in Black," Johnny Cash. **11:35 P.M., CBS**

COMEDY

'Kroll Show'

What is possibly the weirdest show on TV airs its Season 2 finale Tuesday night. Nick Kroll's bizarro character acting continues with PubLIZity, rich guys throwing a party and C-Czar. **10:30 P.M., COMEDY CENTRAL**

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On the new book

Character study

"My days of writing about women in their 20s and 30s are over," Green says. "I've always drawn on my own life. ... All of a sudden in my 40s, I noticed a number of women who announced they'd been unhappy for years and, unbearably, it turned out these women were having affairs. I started to really look at female infidelity, and in particular what happens to a woman in her 40s. Why am I seeing so many women being unfaithful? What is going on?"

Books. Jane Green: Writing chick lit has changed a lot in 18 years

Back in 1997, when Jane Green released her first novel, "Straight Talking," there was no such thing as chick lit. Green, along with a few other authors at the time, are among the founders of what went on to become a billion-dollar genre.

"Helen Fielding wrote 'Bridget Jones's Diary,' and 'Straight Talking' came out three or four months later, and there were a couple other books in England that came out around the same time," Green tells us. "A newspaper ran a double-spread article about us and said we had created this new genre, 'chick lit.' And that's really how it started."

Green has made a career of writing commercial women's fiction and is releasing her 15th book, "Tempting Fate," on Tuesday. According to her, writing for women now is very different than it was 18 years ago. "When I first started writing, [chick lit] was aspirational. You had these huge, sexy, glitzy sagas about women who conquered the world. They weren't very real, but they were huge fun. I think what we did was introduce a genre that really held a mirror to women, and held it with great honesty and humor," she says. "I don't think there was a genre of books where women were able to read and say, 'I've been there. That's exactly what my life is like.'"

Her new novel is about infidelity. It's full of so many "what if?"s and "then what?"s that it's impossible not to devour in just a few sittings. As Green has gotten older, so have her characters. The principal character in "Tempting Fate" isn't a 20- or 30-something trying to figure out her relationship status; it's a woman in her 40s on the brink of a midlife crisis.

Green is contractually obligated to release two books a year, so even though she is just now celebrating the release of "Tempting Fate," her 16th book is already done and she's at work on the 17th.

"My next book is called 'Saving Grace' and is about an older man married to a younger woman," she reveals. "They take on an assistant who seems perfect in every way, but within a short period of time she starts systematically destroying their lives."

EMILY LAURENCE

"Tempting Fate" is Jane Green's 15th novel. / IAN WARBURG

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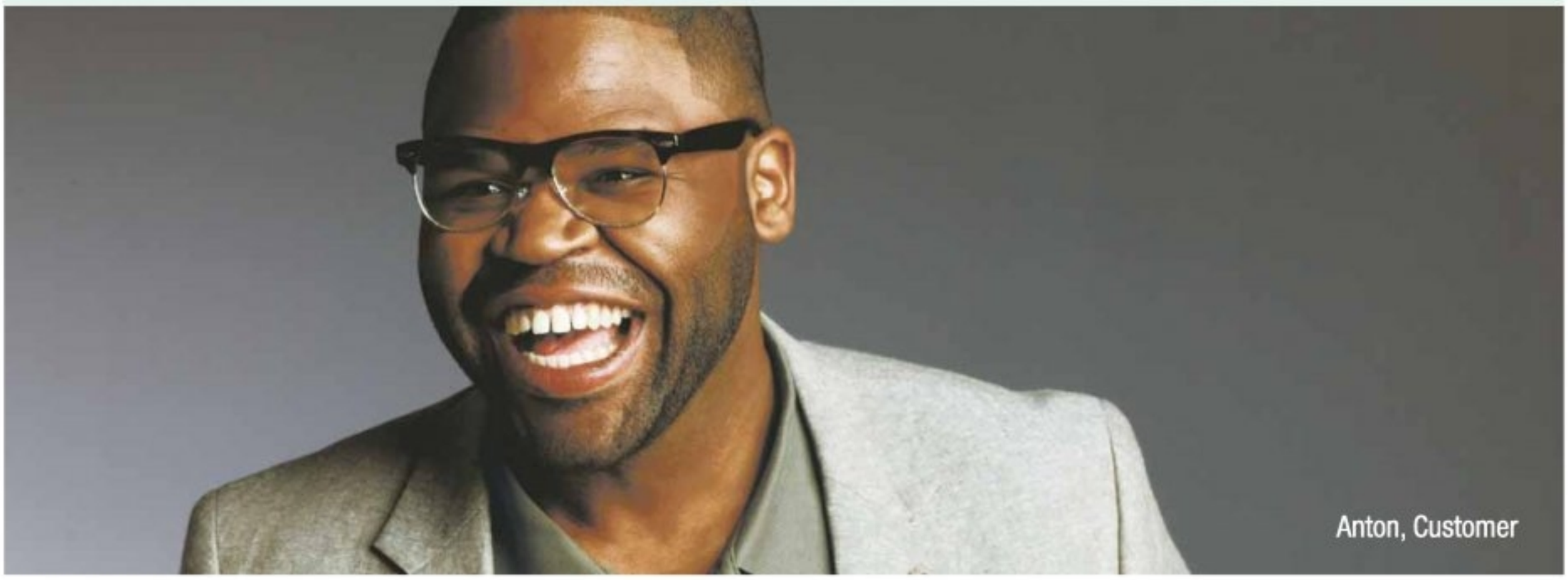

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PLUS
One last tip
If you're still wondering whether you're ready to take the leap of faith, Nara says there's only one way to get going.
"Don't wait. Don't wait to feel better or less anxious, because it's probably not going to happen. Just go out there and you'll forget about your anxiety as you're having this incredible experience."

Advice for the anxious traveler

Guidebook. You can manage your fears with help from Rita Anya Nara.

The disappearance of Malaysia Airlines Flight 370 can't be reassuring to wary travelers as they tip-toe aboard airplanes these days.

Rita Anya Nara knows how overwhelming the idea of travel can be for someone with anxiety. Even though she's now been to 38 countries on all seven continents, the author of "The Anxious Traveler" still feels uneasy picking up her passport.

"It's really that uncertainty that creates stress and anxiety, just walking into the unexpected and not knowing what to do if something goes wrong," Nara says.

And negative feelings don't always stop once the plane lands. Issues that might seem small to others can be insurmountable for the anxious traveler: not knowing the way around, language barriers, potential problems like pickpockets. Combine these with time zones upending normal sleep patterns, and an already anxious person can quickly become exhausted, which can lead to panic attacks, refusing to leave the hotel room and even canceling a trip.

In 2007, after a lifelong struggle with anxiety, Nara says a doctor suggested something different. "My doctor suggested I do something I love, which is traveling, with a person I trust."

Traveling with a companion — knowing that someone was looking out for her and could help if something went wrong — was what finally got Nara out into the world. Her favorite destination so far has been Antarctica. ("The trip of a lifetime," she says, "it was like sailing right into a moonscape.")

But the California resident didn't start that far outside of her comfort zone. Just as conquering anxiety is more like winning a battle than the war, Nara recommends taking smaller steps to build up to an adventure like the South Pole.

"I started out going to countries where they speak English, where crime is low — Norway, Canada," she says. "Now, I take on more challenging environments."

The key to conquering travel fears is feeling in control: Make a plan, know the lay of the land and take care of yourself. Once at your destination, make confronting your anxiety a daily ritual.

"I'll stay in my hotel room longer in the morning to get my bearings and understand what I'm going to do," she says. If stress strikes during the day, "I'll sit at a cafe and have a glass of tea. Just turning my mind off a bit and gazing at what's going on in front of me helps me see things in real time and manage things one at a time."

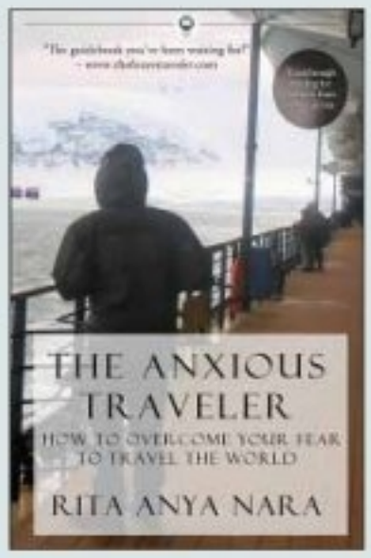
EVA KIS
@metroBOS
letters@metro.us

"The Anxious Traveler" is Rita Anya Nara's guidebook to getting out there for the anxiety-prone. For more information on the book, visit TheBraveTraveler.com. / PROVIDED

Back to reality

Returning home from a trip would seem like the time to relax, but Nara advises not letting yourself crash after landing.

- "People get angry, frustrated [and] in a rut when they feel like there are changes they want to make" inspired by their vacation, she says.
- Nara recommends finding a way to stay in touch with what you did while away: Taking up a new hobby or cooking an ethnic food you tried can help keep that experience alive and eliminate the post-vacation blues.



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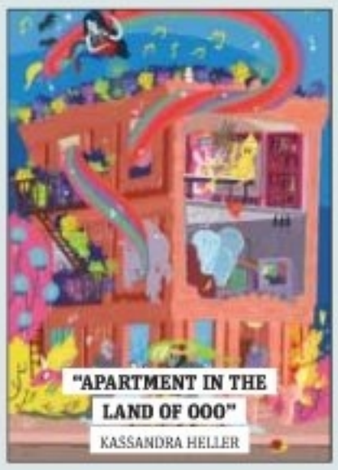

Spice up your kids' walls with the new "Adventure Time: A Totally Math Poster Collection" ($20) which features 20 removable, frameable prints. "Adventure Time" is one of Cartoon Network's biggest hits. The commissioned artwork by various artists features the show's most beloved characters and packaged it in a cool book. Even if you don't know the show, the prints that are included are pretty groovy. METRO

ZANNA ROBERTS RASSI

The fashion editor gives her tips on dressing a changing body.

DRESSING UP THE BUMP

British-born Zanna Roberts Rassi has taken the fashion industry by storm since moving to New York in 2006. Her job titles include Marie Claire senior fashion editor, E! News and "Today" show fashion correspondent, judge on "Under the Gunn," — and she's eight months pregnant with twins. Rassi set herself a daily style challenge, one that we've been following on Instagram ever since she revealed her first look, a cerise Lisa Perry dress, with the hashtag #stylethebump. We discuss.

Zanna Roberts Rassi's go-to maternity wear trick: layer black leggings under a dress to add a little edge. To read the full interview and see her stylish mom-to-be wardrobe in action, head to ModMods.com. / GUERRE, MODMODS.COM

Maternity wear and fashion — not two things usually found together. So how is your #stylethebump challenge going?

For me, most of the maternity wear I've found has featured bows and polka dots. You end up looking like a giant baby! My personal style is much more tomboy and minimal. Just because you're pregnant doesn't mean you have to change your style. Menswear has been great for me. I've robbed lots from my husband's closet.

Are you wearing anything that you wouldn't normally go for?

I'm definitely wearing more dresses. They're easier, so I'm embracing it. I got a pair of J Brand black leather leggings, which I layer with everything. They're my staple. I bought them in a size or two up. They add a tougher edge to any dresses I choose to wear because I'm not really a typical girly girl. For me, dressing a changing body is difficult and I've learned a lot through the process. For years I've been telling people how to dress but I've never had to dress a changing body myself, so it's been a great experience.

Making an effort

What's been your biggest challenge?

When you have fun dressing it motivates you, so I've embraced it. I decided I'm not going to wear sweats and I'm going to go for it. I've really had fun with it. But the hardest styling challenge has to be the maternity bras. They're so uncomfortable. And not pretty. I've found that Gap Body and Victoria Secret's non-underwired are the best.

CHLOE MAC DONNELL
@metroBOS
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Horoscope

♈ Aries | March 21-April 20. There is no need to be envious. Devote your energy to your goals, and you will be successful. Precious time will be wasted if you get caught up making comparisons.

♉ Taurus | April 21-May 21. Consider the consequences before rushing into a situation, or you may end up repeating past errors. Make sure to take a long look at any proposition that comes your way.

♊ Gemini | May 22-June 20. Don't sell yourself short. Be proud of all you have experienced and accomplished. Expanding your social circle will provide you with influential new associations.

♋ Cancer | June 21-July 22. Don't be reluctant to act quickly if an opportunity arises. The offer may be revoked if you are too slow to accept, and you could lose a chance to advance your position.

♌ Leo | July 23-Aug. 22. Get involved with those who have similar ambitions to yours. You have made great strides, but extra help never hurts. A team effort will be beneficial.

♍ Virgo | Aug. 23-Sept. 22. While your professional profile may be strong, a personal relationship may weaken. Allot some time to take care of connections you deem important.

♎ Libra | Sept. 23-Oct. 22. Maximize the positive energy that currently surrounds you. It's likely that your current colleagues will play a key role in your future plans.

♏ Scorpio | Oct. 23-Nov. 21. It's fine to follow your dreams, but be honest about your intentions. Don't make any false promises if you want to continue to get the necessary help to reach your goals.

♐ Sagittarius | Nov. 22-Dec. 21. Romance is highlighted. Take a chance and get involved in a project that interests you. A sudden change of plans will take you by surprise and bring you a tasty reward.

♑ Capricorn | Dec. 22-Jan 20. Refuse to be bullied into something that you don't agree with. Be flexible, and try to arrange a compromise that will suit everyone. Don't say something you may regret later.

♒ Aquarius | Jan. 21-Feb 18. Keep abreast of what's going on around you. Focus on collaborating with influential people. Consider the past before renewing contact with an old friend or lover.

♓ Pisces | Feb. 19-March 20. You shouldn't assume that everyone is as honest as you are. Do your homework before accepting a tempting offer.

BERNICE BEDE OSOL

Letters

To date is to Facebook

Re: 'Infographic: Which online dating site is right for you? Check our flow chart to find out' (Metro.us) I found your flow chart helpful. But what your readers need now is a flow chart showing how they can participate in online dating but avoid giving away the privacy of their Facebook account. I value my Facebook account highly and am not willing to lose control of it for the sake of being on some dating site. A requirement of many of the sites mentioned in your flow chart is that we are permitted to participate only if we give them our Facebook account.

GLENN CATLIN, VIA EMAIL

US does not owe Ukraine

People calling for a more aggressive or military response from the United States over the Russian action in Crimea and, possibly, eastern Ukraine have no basis for this position. The current approach for imposing sanctions and a diplomatic response is basically a moral position to support another sovereign nation since Ukraine is not a member of NATO, nor does it have any other formal alliance with the United States.

GLENN HAYES, VIA EMAIL

Hobby Lobby should be consistent

RE: "US contraception case, a question of corporate rights"

(Metro, March 20) Blessings upon Hobby Lobby for sticking to their guns about birth control. So why is every last stick of merchandise in all their stores stamped "Made in China?" They're smart people. How do they reconcile their anti-birth-control stance with their economic support of the world's leader in government-enforced birth control?

DIANA NAKEEB, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Sudoku: Easy and hard

	2	3		8		5		1
		8	2		5			
			1			2	8	
3	4	9		6				
				7				
				2		1	3	6
	8	5			4			
			6		3	8		
1		4		9		6	5	

2		9						7
	8				2		1	
5	1	7	8					
	5			2		3		4
			6		4			
1		4		3			9	
					6	9	2	1
	6		2				3	
7						8		6

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword

Across
1 Rigid
6 Foreign visitors?
10 Wynonna or Naomi
14 Juan's father
15 Ponytail site
16 Water, in Baja
17 Robin of balladry
18 Bickered
20 Rat race result
22 Yawning gulf
23 More erratic
26 Before, in combos
27 PC messages
28 — main
33 Back of a book
34 Well-behaved kids
35 PC key
36 Bell sound
37 Bright star in Orion
38 Suitor
39 Prior to
40 Rank above species
41 Talk idly
42 Warnings (2 wds.)
44 Room warmer
45 Moon buggy
46 Tiny tabbies
47 Citified
50 Join forces (2 wds.)
52 More loyal
54 Toe coverers
58 Dizzy of baseball
59 It may be read
60 More frosty
61 Kind of prof.
62 Sax-playing Simpson
63 Curly-tailed dog

Down
1 Hot spring
2 Skosh
3 Boise's st.
4 Security measure
5 Rich and loamy
6 Bobby of Indy fame
7 Online info
8 Beethoven piece
9 Continent divider
10 Punched
11 Like gargoyles
12 Membership fees
13 June honorees
19 Square-dance sites
21 Home tel.
23 Medieval clown
24 "The — Strikes Back"
25 Drizzled
26 Tow
28 Fake
29 Cheers for toreros
30 Form a thought
31 Tidy up
32 Elmer's adherents?
34 Game show sound
37 Paper quantity
38 "The Breakfast Club" stars (2 wds.)
40 Senator in space
41 Bedding plant
43 Show off
44 That fellow
46 Cause-and-effect law
47 Egg-grading gp.
48 Road map nos.
49 Meadow plaints
50 Siamese, now
51 Underwater shockers
53 Noncom
55 Livy's trio
56 -- on (pretend)
57 Mexican Mrs.

Yesterday's answer

P	O	I	N	T	■	A	C	M	E	■	F	L	O	W
O	W	N	E	R	■	V	O	I	D	■	R	A	G	E
P	E	C	C	A	D	I	L	L	O	■	A	U	D	I
E	S	A	■	M	O	L	D	S	■	U	N	D	E	R
■	■	L	P	G	A	■	A	S	C	E	N	D	■	■
S	E	P	A	L	S	■	M	I	B	S	■	■	■	■
A	D	A	G	E	■	C	A	T	E	R	I	N	G	■
C	A	S	E	■	B	A	K	E	D	■	R	Y	E	S
■	M	O	R	E	O	V	E	R	■	F	A	S	T	S
■	■	■	N	A	S	A	■	C	U	T	E	S	T	■
D	O	I	N	G	S	■	■	B	A	N	E	■	■	■
R	I	D	E	R	■	L	A	I	R	D	■	R	E	M
O	L	L	A	■	S	I	M	P	L	I	F	I	E	D
N	E	E	R	■	E	R	I	E	■	N	I	C	K	S
E	R	R	S	■	W	E	E	D	■	G	E	E	S	E

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Sox prospect Ball learns ropes from fellow lefty Owens

Red Sox. Trey Ball could very well be the "next big thing" for Boston's pitching staff.

Sitting behind the backstop at Field 4 of the minor league complex at JetBlue Park in Fort Myers, Fla., Boston's 2013 first-round pick Trey Ball looked on during a minor league game last week, viewing a near mirror image of himself in Henry Owens, a 2011 first-round pick.

Both are tall, left-handed pitchers, with Owens standing 6-foot-7 and Ball not far behind at 6-foot-6. Ball watched Owens with a keen eye, as Owens already reached Double-A in his second year in the organization. It's the same track Ball himself would like to take.

"You watch and you learn stuff and you compare. We're both tall and left-handed. It's a natural comparison," Ball said. "He's older so it's something to strive for where he's at. He was in big league camp and that is something you want to achieve so just seeing him there gives you something to look forward to and work harder."

Ball was joined by a number of other minor league players who weren't in action that day, as well as scouts and a few Red Sox executives — including general manager Ben Cherington. Owens, who started in major league camp this spring, finished last season with 11-6 with a 2.67 ERA, while striking out 169 hitters in 135 innings combined between High-A Salem and Double-A Portland.

At this time last year the 19-year-old Ball was beginning his senior season at New Castle High School in Indiana and is now in the warmth of Florida as a professional baseball player.

"It's night and day," he said. "Everyone down here is a pro, so you have to work harder to get better every day."

Ball was also an outfielder until being drafted last year so now he can fully commit to his pitching craft. The southpaw features a fastball in the mid-90s, a changeup and now a curveball — which he didn't start throwing until his sophomore year.

"I'm working on all my pitches ... but I'm working more on the curve because it's a new pitch and I'm getting to know it better," Ball said.

On the Ball

"It's night and day. Everyone down here is a pro, so you have to work harder to get better every day."

Trey Ball, Red Sox prospect
On his transition from high school star to prized prospect in Fort Myers, Fla.

Having players like Owens moving up the ladder in the organization serves as motivation for the young lefty, hoping that all eyes will be fixed on him in a year or two.

RYAN HANNABLE
@Hannable84
sports@metro.us

Spring surrender

The Red Sox are less than a week away from beginning their 2014 regular season.

- Opening Day for the Sox is this coming Monday, March 31, in Baltimore against the Orioles (3 p.m., NESN).
- The home opener at Fenway Park is Friday, April 4 (2 p.m., NESN) against the Milwaukee Brewers.

Red Sox prospect Trey Ball, center, looks on with Boston manager John Farrell and starter John Lackey in June 2013. / GETTY IMAGES

3 SPORTS

Writing on the wall?

Wilfork cleans out locker

Patriots defensive lineman Vince Wilfork, who asked for his release weeks ago, cleaned out his locker and has removed his nameplate at Gillette Stadium, according to the Boston Herald.

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- Have a diagnosis of IBS-D, with:
  - Onset of symptoms of IBS-D at least 6 months ago
  - Recurrent abdominal pain or discomfort for at least 3 days per month in the least 3 months
  - Loose or watery stools sometimes or most of the time / always in the last 3 months
  - More than 3 bowel movements per day sometimes or most of the time / always in the last 3 months

All study-related visits, tests, and medications will be provided at no cost.
In addition, reimbursement for travel-related expenses may be provided.

To learn more, please contact:
Beacon Clinical Research, LLC
45 Pearl Street, Suites B & C
Brockton, MA 02301
Phone: (774) 462 6602
ENROLLMENT HOTLINE
www.beaconclinical.com

Do you have high cholesterol?

A research study is currently being conducted to evaluate an investigational medication for individuals with high cholesterol.

You may be eligible if:
- You are at least 18 years old
- Have a history of hyperlipidemia or mixed dyslipidemia
- You are being treated with atorvastatin, simvastatin or rosuvastatin
- You have a high risk of incurring a Cardiovascular event

Qualified participants will receive study related medication and study related assessments.
Compensation for time and travel will be provided.

To learn more, please contact: Beacon Clinical Research • Ph: **774-462-6602** • Web: **www.BeaconClinical.com**

Pain after shingles?

If you suffer from burning, stabbing pain, sharpness or sensitivity, you may have a condition called Post-Herpetic Neuralgia, also known as PHN.

A nationwide study is currently underway and volunteers from the Brockton area are needed.

If you are between the ages of 18 and 80 and have experienced these symptoms for at least 9 months after the onset or your shingles rash, you may qualify for a research study of an investigational medication intended to treat the effects of PHN.

Qualified study participants will receive all study-related care and study medication at no cost, and may be compensated for time and travel. Health insurance is not needed.

Call now for more information.
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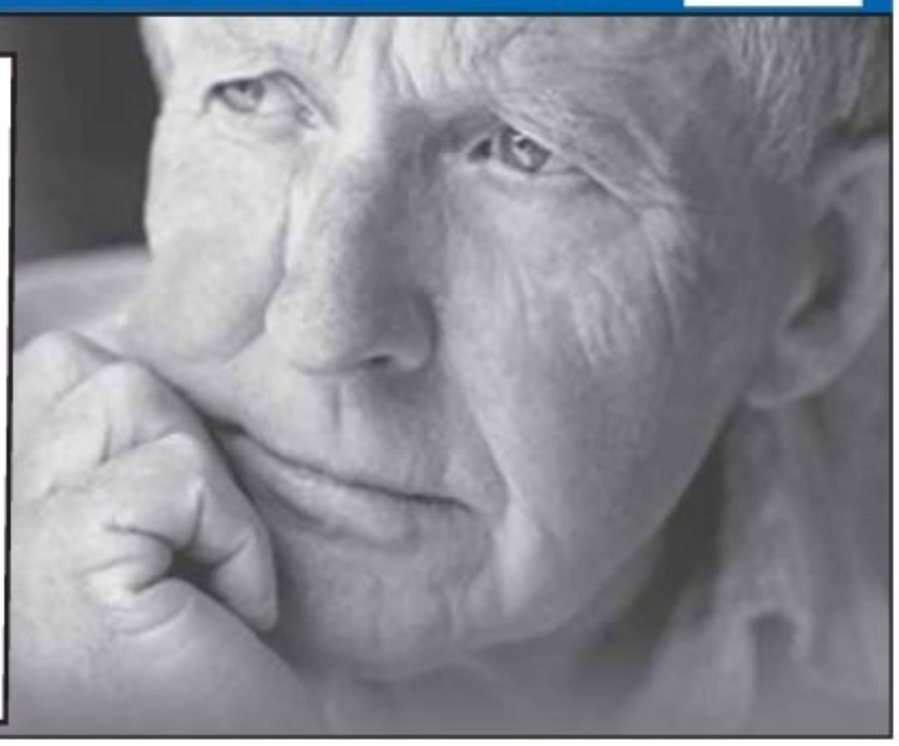

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Do you have psoriasis?

Study volunteers needed

A clinical trial is currently being conducted to determine if an investigational drug will be safe and effective for patients with psoriasis.

To participate
- You must be 18 to 75 years old
- You must have chronic plaque-type psoriasis for at least 6 months before starting the study
- You must have moderate to severe chronic plaquetype psoriasis that is inadequately controlled by:
  topical treatment and/or
  phototherapy and/or
  previous systemic therapy

Study length is 42 weeks, with 11 office visits. Participants will receive all study-related evaluations and study drug at no cost, and will receive compensation for time and travel.

For more information about this trial or to see if you qualify, please call (617) 636-7462 or email ndonovan1@tuftsmedicalcenter.org

Principal Investigator:
Alice B. Gottlieb, MD, PhD
Chair and Dermatologist-In-Chief
Department of Dermatology
Tufts Medical Center • Boston, MA

Night time trips to the bathroom keeping you awake?

We are currently recruiting men and women, age 50 years and older, for a research study to evaluate the effectiveness of an investigational nasal spray to reduce the number of times you get up each night to urinate.

If you wake two or more times each night to urinate and have experienced these symptoms regularly for six months or more, you may qualify for this study.

Qualified participants may receive confidential study related medical care, including physical exam, lab tests, and study medication, at no cost. Additional compensation for travel and other expenses may also be provided.

For more information, please contact
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617-923-0328
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General Help Wanted

Cape Air

Do you want to work at Logan Airport this summer? CAPE AIR IS NOW HIRING!

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